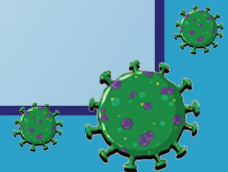




HEALTH CARE WORKER'S MANUAL

KABA IADEI BAD KI RUKOM IADA NA KA
KHLAM COVIDV19

(KA JINGIADA, BAN SHONG KYRPANG HA LA ÏING BAD KA JING AI TIKÀ)



Bynta 1. KAEI KA JINGPANG COVID? KUMNO KANE KA JINGPANG KA PUR BAD SAPHRIANG ?

BYNTA 2. KA KAMRAM BAD KA BYNTA JONG KI ASHA, AF, AWW.

BYNTA 3. KUMNOBAN TEHLAKAM IA KANE KA KHLAM

- Ka Jingthet Tista Ia Ki Kti
- Ka Jingdeng Mask
- Ka Jingpyniajngai Lwei na Lwei Pat.
- Ka Jinglap biang por bad ka jingtest ia kane ka jingpang.



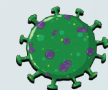
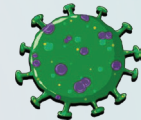
BYNTA 4 . KI RUKOM SUMAR HA IING HA SEM NA KA BYNTA KA JINGPANG COVID 19.

- Ki jingbthahna ka bynta ki biew kiba pynkyrpang ialade ha la iing la sem.
- Ki jingbthah ia ka rukom sumar ha iing na ka bynta ki nongpang kiba long malu mala/asymptomatic.
- Ban peit bniah ia ka level jong ka Oxygen da kaba pyndonkam da ki jingthew ia ka jingtied ki thied snam bad ki jingthew ia ka jingshit .
- Ka jingthiah pyllup.
- Ka jingbthah ia ki nongsumar bad ki dkhot jong ka longiing.
- Ha kano ka por ngi donkam ban leit sha ki jaka ai jingsumar.
- Ha kano ka por yn pynkut ia ka jingshong pynkyrpang ha la iing.
- Ka jingpynbiang ia ki jingdonkam ba man la ka sngi na ka bynta kiba shong pynkyrpang ha la iing bad ki jingdonkam jong ki ASHA.



Bynta 5. BAN PYNNGEWTHUH SHA KI NONGSHONG SHNONG IA KA JINGMYNTOI LADA AI TIKI.

- Kajingdonkam bad ki jingmyntoi jong ka tika COVID19.
- Mano kiba lah ban ai ia ka tika Covid 19.
- Ki jait tika COVID19 kiba lah ban ioh.
- Kumno nga lah ban ioh ia ka tika COVID19.
- Haei lah ban ai ia ka tika COVID19.
- Kiei ki jingktah ia ka met hadien ba nga lah dep ia kane ka tika COVID19 .
- Ki rukom pyrkhath bieji shaphang ka tika COVID19.

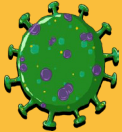


BYNTA – 1

TO NGIN SNGEWTHUH SHAPHANG KA JINGPANG COVID-19

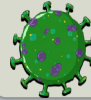
1a. Kaei kata ka jingpang COVID19?

- 1.** KA KHLAM COVIDV19 KADEI KATA KA JINGPANG KABA KTHAH IA KA BOR BAN RING BAD PYNHIAR MYNSIEM BAD KA KTAH IA U PDOT BAD KI TOR, BAN KHAM BUNSIEN KI PYNI IA KINE KI DAK KI SHIN HARUM:

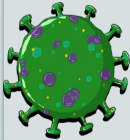


- Ka Jingshit Met.
- Kaba Sat Ryndang.
- Ka Jyrhoh Ryngkhiang.
- Ka Jingktha Met.
- Pynhiar .
- Ka Jingduh noh ia ka bor jong ka jingsma bad ka jingmad.

- 2.** HADUH 90% KIBA IOH IA KANE KA JINGPANG LAH BAN SUMAR HA IING HA SEM.



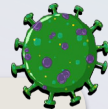
- 3.** HYNREI KI DON PAT KIBA SHITOM JUR LADA IOH IA KANE KA JINGPANG:



- Ki tor ki tlot bor noh bad ka kijit noh ia ka bor ban ring mynsiem.
- Katba nang slem kane ka jingpang ka nang ktah shuh shuh ia kiwei pat ki dkhot met, ka met ka pynmih ia kita ki “ cytokines” ban iakhun ia kane ka jingpang. Hynrei lada bun ka cytokines ka ktah ia ki tor haduh ba kim lah shuh ban treikam, kiwei ki dohjem ruh ki duh bor noh, bad ka jingtiad sted ki thied snem.
- Lada ka jingdon oxygen ha ka met ka nang duna,suki suki ka ialam sha ka jingiap.

- 4.** MANO KIBAN SHITOM JURLADA IOH IA KANE KA JINGPANG ?

Ki riewtymmen, bad kiba don ia kiwei pat ki jait jingshitom ha ka met ki kham shah ktah hynrei mynta kane ka jingpang ka ktah lut ia baroh bad haba tlot ka bor met ka jingshitom ruh ka jur.

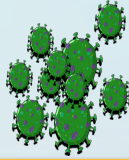


1b. KUMNO KANE KA JINGPANG COVID-19 KA SAPHRIANG?

Kane ka jing-pang ka saphriang ha kiba bun ki rukom:



Ka Jingjyrhoh/ Synriah da u nongpang.



Ki Jynhaw um kiba mih na ki nong-pang haba ki jyrhoh ne synriah.



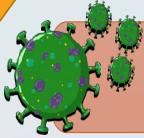
Lada kita ki jynhaw um kiba mih na ka shyntur ki sahkut ha ki kti.



Bad lada ktah ia kano kano ka bynta ne haba ia khublei kti bad ki briew.



Ha kane ka rukom kane ka jingpang ka saphriang.



Phi lah ban pynsaphriang ia kane ka jingpang COVID 19 wat lada ka met jong phi kam pyni ia kino kino ki dak ki shin.

Kham bunsien ki briew kiba ioh ia kane ka jingpang ki pynsaphriang sha kiwei kumba 5-7 sngi shuwa ban paw ki dak ki shin ba ki don ia kane ka jingpang.

KANE KA JINGPANG-KASAPHRIANG HA KIBA BUN KI RUKOM HA KI SHNONG KI THAW JONG NGI:



KA JINGIALUM NE IALANG PAIDBAH.



KA JINGIASHONG KHAPNIAH HA KAWEI KA JAKA.



KI JAKA PAIDBAH.



HAPOH IING POH SEM.

BYNTA 2

KA KAMRAM BAD KA BYNTA JONG KI ASHA, AF BAD KI AWW(BAN IADA, BAN SHONG KYRPANG HA LA IING LA SEM BAD KA JINGAI TIKA)

2 a. KA BYNTA BAD KA KAMRAM JONG KI ANM.

- Ban ai jingtip kiba bniah sha ki ASHA/ AF/ SHNONG KI THAW/ shaphang ki jaka sumar ia kiba pang COVID19 na ka bynta ban sumar ia kiba shitom malu mala bad kiba shitom jur bad ban ai ia ki phone no jong ki (CHO/ MO/ AMBULANCE) lada donkam ha kano kano ka por.
- Ban iarap ia ki ASHA/ AF/ ban ithuh ha ka por kaba biang ia kiba don ia ka jingpang COVID19 bad ban pyntip sha ki MO/ CHO ladaki suba ba don kiba ioh ia kane ka jingpang/ ki briew kiba donkam kyrkieh ia ka jingsumar kum ki bym lah shuh ban ring bad pynhiar mynsiem, ki ba jur palat ka jingshit/ jyrhoh kaba la neh haduh 5 sngi bad kiba kulmar ha ki jingmut jingpyrkhat.
- BAN PYNSUK/ TESTING ia ki briew na ka bynta ban test ia ka jingpang COVID19.
- Ban iarap ia ki ASHA ha kaban wad ia ki briew kiba ioh ia kane ka jingpang katkum ki SOP kiba lah pynmih da ki MOH& FW/ State Government.
- Ban iasyllok ia ki briew ba kin sumar ia ka koit ka khiah jong ki da ka jingkilan met kum ka Yoga/Pynleit Jingmut, thiah biang por, ki exercise ban ring bad pynhiar mynsiem bad ban long kiba khlain ha ka bor pyrkhat.
- Ban khmih bniah man ka por ia ka koit ka khiah jong ki nongpang kiba sumar ha la iing da kaba thew ia ka jingshit ha ka met, ka jingtied u klong snam bad ka jingdon jong ka Oxygen ha ka met bad pyntip sha ki MO/ CHO da kaba shu phone lada donkam kyrkieh.
- Hikai ia kiba sumar ha la iing kumno ba kin sngewthuh shaphang ka jinglong jingman ha ka met jong ki kum ka jingshit, ka jingdon jong ka Oxygen ka jingleh khuid ia la ki kti, ban leh khuid ia baroh ki bynta jong ka iing.
- Khnang ban iohbor ha kaba ring bad pynhiar mynsiem ai jingmut ba kin thiah pyllup, ne thiah da kaba phai sha kadiang ne kamon.
- Hikai ia kiba ioh pang COVID19 kiba don ha ki iing ha sem ba kidei ban pynkut ia kaba shong kyrpang ha iing hadien 10 sngi naduh ba sngi kaba nyngkong ba paw ki dak ki shin bad hadien ba ka jingshit kam don shuh ha ka met haduh 3 sngi; bad ym donkam shuh ban test hadien ba lah pyndep ban shong kyrpang ha la iing.
- Iarap ia ki ASHA ban iatreilang bad ki Shong ki thaw kum ki VHSNC/ MAS/ JAS kiba iadei bad kane ka khlam Covid.
- Pynkhreh ia ki jaka ban ai tika bad pyntip sha ki ASHA/ AF/ AWW khang ba ki lah ban pynsngewthuh ia ki briew kiba lah biang karta ban ai tika.
- Iarap ia ki ASHA/ AWW ban pynbun ia ka jingai tika ha ki shnong ki thaw.

2 b. KI NONGPYNIAID JONG KI ASHA BAD KA BYNTA JONG KI

- Ban ai jingtip kiba bniah sha ki ASHA/ AWW shaphang ki hospital kiba sumar ia ki nongpang COVID-19, ki jaka ban pynlong ia ka jingai tika bad kiwei pat ki jingtip lada donkam kyrkieh kum ki (ANM/ CHO/ MO/ AMBULANCE).
- Ban iarap ia ki ASHA ba kin lap biang por ia kiba don ia kane ka jingpang(bad ban pyntip sha ki ANM/ CHO/ MO)
- Iarap ia ki ASHA ha ka por ba ki leit ban wad ia ki briew kiba don ia kane ka jingpang katkum ki kyndon ba la buh.
- Iarap ia ki ASHA ba peit bniah ia ka koit ka khiah jong ki briew kiba sumar ialade ha iing bad ban pyntip sha ki ANM/ CHO/ MO da kaba shu phone lada donkam kyrkieh.
- Iarap ia ki ASHA ban iatreilang bad ki bor Shnong kum ki VHSNC/ MAS/ JAS bad ki kam kiba iadei bad kane ka jingpang COVID19.
- Iarap ia ki ASHA ban pynioh ia ka jingai tika hapoh ka Shnong.
- Shuwa ban pynlong ia ka jingleit rung ha ki iing briew ban wad ia kiba don jingpang, pyntikna ba kidei ban don ia ki tiar jingiada kum ka mask, ki glove, ki jingda khmat, ki sanitizer bad ki sabon ban sait kti.
- Pynthikna ba ki ASHA ki dei ban biang ki dawai dashin bad kiwei kiwei pat ki jingdonkam ba kin sam sha ki nongpang lane ki longiing kiba don ia ki nongpang.
- Man la ka taiew dei ban ioh ia ki jingpyntip na ki ASHA halor ka jinglong jingman jong kiba pang COVID19, kiba sumar ha la iing, ka rukom ai tika, ka jingleit rung ha man la ki thliew iing bad kiwei kiwei pat bad ban pyntip ia kane kajuh sha ki ANM.
- Man ka por dei ban pyntip sha ki ASHA/ AWW lada don kino kino ki jingpynbeit ne ki jingpyntip ne ki kyndon jong ka Sorkar kiba iadei bad ka jingpang COVID19.
- Ki ASHA bad ki AWW kin hap ban iatreilang bad I Lady Supervisor jong ka tnat WCD khnang ba ki kam kin iaidei beiti iaidei ryntih.
- Dei ban pyntip sha ki ANM lada jia ba ki ASHA/ AWW ki ioh ia ka jingpang COVID19.
- Ban iarap ia ki ASHA/ AWW lada jia ba ki mih kino kino jingai jinghikai.

2c. KA BYNTA BAD KA KAMRAM JONG KI ASHA.

- Pynsgewthuh sha ki paidbah kumno ba kin iada ialade na kane ka khlamCOVID19 .
- Ban lap biang por ia ka jingpang da kaba pynshong nongrim na ki dak ki shin kiba don ha ka met ka phad.
- Ban pynsgewthuh bad ban budien ia ki briew kiba la phah ban leh ia ka Test.
- Ban buh jingthoh ia ki briew kiba ioh ia kane ka jingpang kiba sumar ialade ha la iing la sem.
- Ban pynsgewthuh ia ki shnong ki thaw bad ki briew kiba lah ban sumar ialade ha la iing.
- Ban iarap pynsgewthuh ia ki briew shaphang kumno ban sumar ia kiba pang malu mala/ asymptomatic kiba sumar ialade ha iing ha sem.
- Ban ai jinghikai ia ki nongsumar kiba sumar ia ki dkhot jong ka longiing kiba thiah pang bad kiba sumar ialade hapoh iing.
- Ban pynthikna ba baroh ki dkhot jong ka longiing bad kiba iajuh iajan jong kiba iohpang kidei ban bud ryntih ia baroh ki jingbthah jong ka Sorkar.
- Ban sam ia ki dawai dashin sha ki nong pang kiba sumar ialade ha la iing.
- Ban bud dien man ka por ia ki nongpang kiba sumar ialade ha iing.
- Ban don ka jingiatreilang bad ka Shnong ka thaw lyngba ki VHSNC/ JAS/ MAS ban pynduna ia ka jingñiew khmat sha kiba ioh ia kane ka jingpang bad ban pynshlur ia ki nongshong shnong ba kin ai ia ka tika COVID19
- Pyntip sha ki Shnong ki thaw ia ka jingdonkam bad ka jingmyntoi ladaai ia ka tika COVID19 bad mano kiba lah ban ai ia kane ka tika.
- Dei ban pyntip ia ka sngi ka jaka bad ka por sha ki briew kiba lah biang karta ban ai ia kane ka tika.
- Wat hadien ba lah dep ai tika pynkynmaw ia ki briew ia ka jingdonkam ban long kiba adkar bad kiba phikir bad ban bud tista ia ki jingbtah jong ka Sorkar na ka por sha ka por.
- Lada don kiba ktah ha ka met ka phad hadien ba ki lah dep ban ai ia ka tika ai jingmut ia ki ba kin leit sha ki jaka ai jingsumar kiba hajan eh jong ki .
- Iarap ban pynsaphriang ia ki khubor kiba bha na ki briew kiba lah ai tika ia lade khang ba kan iarap ban pynduh ia ka jingtieng bad ka jingngeit bieij ha ki briew ki bym pat ia kane ka tika.

2d. KA KAMRAM BAD KA BYNTA JONG KI AWW.

- latreilang bad ki ASHA ban pynsgewthuh ia ki briew ha ki Shnong ki thaw khang ban iada na ka jingsaphriang jong kane ka jingpang.
- larap bad latreilang bad ki ASHA ban wad ia ki briew kiba ioh ia kane ka jingpang bad ban pyntip mar mar sha ki ANM/ CHO/ MO.
- larap bad latreilang bad ki ASHA ban bud dien ia ki briew kiba la phah ban leh ia test ia ka jingpang COVID19.
- Pynsgewthuh sha ki Shnong shaphang ka rukom sumar ia kane ka jingpang ha la iing bad ban ai jingtip ia kita ki rukom sumar.
- larap ia ki ASHA ha kaban pyntip sha ki ANM na ka bynta ki briew kiba sumar ha la iing kiba donkam ia ka Oxygen, kiba don kam ia ki jingsumar kiba kham paka bad kiba donkam ia ka ventilator.
- Pyntip sha ki Shnong shaphang ka jingmyntoi lada ai tika COVID19 bad kiwei pat ki jingdonkam ha ka por ba leit ai ia ka tika.
- Pyntip ia ka sngi ka por bad ka jaka sha ki briew kiba lah biang karta ban ai ia ka tika .
- latreilang bad ki bor Shnong lyngba ki VHSNC/ MAS/ JAS/ SHG ban pynduh ia ka jingtieng ha ki briew bad ba kin wan shakhmat ba ai tika COVID19 ialade.
- Pynsaphriang ia ki khubor ha ki Shnong ki thaw ban bud ryntih ia baroh ki jingbthah jong ka Sorkar khang ba kane ka khlam kan ym saphriang.
- larap ban pynsaphriang ia ki khubor kiba bha na ki briew kiba lah ioh ia kane ka tika, kaei ka jingsngew jong ki khnang ban pynduna ia ka jingtieng ha kiwei ki bym pat ai ia kane ka tika.
- Ban pynthikna ba ki Aganwadi Centre ki dei ban don ia ki jingdonkam kum ki sanitizer, ki jaka thet kti, ki sabon bad kiwei kiwei.

Bynta – III

BAN TEHLAKAM IA KA JINGSAPHRIANG JONG KANE KA JINGPANG.

- SAIT TISTA IA LA KI KTI
- DENG IA KI MASK
- PYNJNGAI IWEI NA IWEI PAT
- BAD BAN TEST

3a. KA JINGLEH KHUID IA KI KTI.

BALEI NGA DONKAM BAN THET KTI?

Ka jingthet kti ka iarap ban pyniap ia u khniang jingpang bad ka pynduna ia ka jingsaphriang jong kane ka jingpang

HA KANO KA POR NGA DEI BAN SAIT IA LA KI KTI?

- Shuwa bad hadien ba lah dep bam jingbam.
- Hadien ba phi lah dep ban sumar ia kiba pang ha iing ha sem.
- Hadien ba phi dep synriah ne jyrhoh bad phi da ka kti.
- Hadien ba phi wan phai iing.

KUMNO BAN SAIT IA KI KTI?

- Pynsngem ia ki sla kti da ka um.
- Kyrshut bha da ka Sabon ia ki sla kti.
- Kyrshut kumba **20 second**
- Sait bad pynshah bhaia ki sla kti ha ka um kaba khuid.
- Nangta sa niad pynryngkhiang da ka jain kaba khuid.



Wat ktah ia ki khmat, ka khmut ka shyntur khlem da sait ia ki kti.



Wat ktah ia ki jaka ban plie jingkhang, ki bell jingkhang bad kiwei kiwei.



3 b. KI RUKOM THET KTI

0



Pynsgem ia ki sla kti da ka um.

1



Tah Sabon ia ki sla kti.

2



Kyrshut baroh ar tylli ki sla kti.

3



Kyrshut da ka sla kti kamom ia ki shympriah kti kadiang.

4



Kyrshut bha ia baroh ki shympriah kti.

5



Kyrshut biang ia ki sla kti mar pyrshah.

6



Nangta da u kti kmie kadiang kyrshut ia ka sla kti kamom bad kumta ter ter.

7



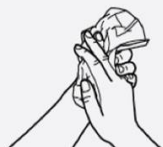
Kyrshut shadien, shakhmat jong ki sla kti bad kumta ter ter.

8



Nangta pynshah ha ka kor um.

9



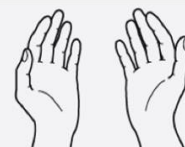
Pynryngkhiang da ka jaiñ niad ka bym pat pyndonkam.

10



Pyndonkam da ka towel ban khang ia u jingplie um.

11



Mynta ki kti jong phi ki lah lait na ki khniang jingpang.

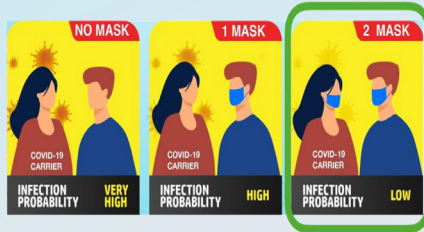
3 c. JINGDENG MASK



Ka jingdeng mask ka iarap ban nym pynsaphriang ia ki khniang jingpang haba jyrhoh ne synriah.

1

Baroh ngi dei ban deng ia ki mask.



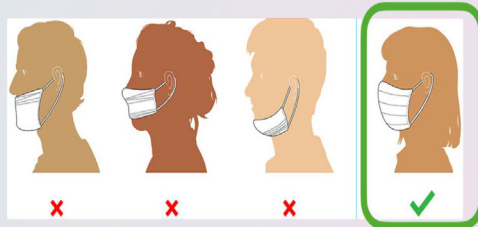
2

Dei ban deng ar syrtap ki mask.



3

Deng bha ia ki mask jong phi.



HABA PHI DON HAJAN JONG KI BRIEW PHI DEI BAN DENG BEIT IA KI MASK KUMBA JU LONG.

- Sait ia ki kti shuwa ban deng lane haba phi weng noh ia ki mask bad hadien ba phi ktah ia ki ha kano kano ka por.
- Haba phi weng ia ki mask jong phi buh bha ia ki ha ki pla plastic kiba khuid bad manka sngi dei ban sait ia ki lada kidei ki mask ba suh da ki jaiñ bad bret noh ha ki jaka ba dei ban bret lada kidei ki medical mask.
- Wat deng ia ki mask kiba don ia ki valve.

3d. KA JINGPYNIAJNGAI IWEI NA IWEI PAT

KAEI KATA KA JINGPYNIAJNGAI IWEI NA IWEI PAT?

Kadei ka jing pynjngai jong phi na kiwei pat.

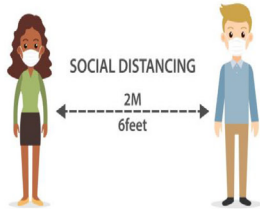
BALEI KA DONKAM BAN PYNIAJNGAI NA KIWEI?



- Khnang ban pynduna ia ka jingsaphriang jong une u khniang jingpang COVID19 hapdeng jong ki briew namar haba ngi iajan lada jia ba u/ ka briew kiba don ia une u khniang haba ki synriah ne ki jyrhoh ne haba ki kren ki pynsaphriang ia u khniang jingpang sha kiwei pat.
- Lada ngi pynmlien ban pynjngai na kiwei ka pynduna ba ngin ioh ia kane ka jingpang.



KUMNO NGIN PYNMLIEN BAN PYNIAJNGAI NA KIWEI?



Pyniajngai kumba 2m lane
6 phut iwei na iwei pat.



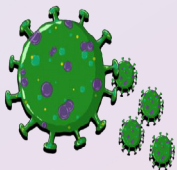
Ban ym shong khapngiah
ha kali ne ha iing ha sem.



Ban kiar na ki jaka iew ne ki
jaka paidbah bad kiwei kiwei.



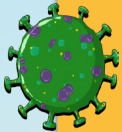
Ban kiar na kaba shong ia
ki kali kamai paitbah.



Lada jia ba phi kum ia kynduh ne kum ia kren bad ki briew kiba ioh ia kane ka jingpang lane kiba don ia ki dak ki shin jong kane ka jingpang mar mar dei ban pyntip sha ki ANM lane ki Medical Officer.

3 e. KA JINGLAP IA KA JINGPANG HA KA POR KABA BIANG BAN LEH TEST.

1. BALEI DONKAM BAN TEST?



- Lada test biang por ka iarap ban pynduna bad ban tehlakam ia ka jingsaphriang jong kane ka jingpang.
- La ban pynkhreh bha lada lap biang por ia ka jingpang
- Lah ban sumar kham bha na ka bynta kito kiba iohpang lada lap biang por.

2. MANO KIBA HAP BAN LEH IA KA TEST?



- Kiba don ia ki dak ki shin kum ka jyrhoh ryngkhiang, shit met, sat ryndang bad kiba duh noh ia ka jingsma bad ka jingmad lane jyrhoh.
- Kito kiba ia kynduh ia kiba pang
- Kito kiba shong ba sah ha ki jaka kiba bun ki briew ki la ioh ia kane ka jingpang.
- Kito kiba wan phai na ki jaka leit ba sha jngai jong ki.

ANM

1. Pynthikna ba phi don ia ki list jong ki jaka test kiba hajan eh jong phi. Ai ia kata ka list sha baroh ki AF, ASHA bad ki AWW kiba don ha ki shnong jong phi.
2. Pynbeit ia ka rukom ban phah test ia ki briew kiba dei ki HIGH RISK CONTACT kiba lah batai da ki ASHA.
3. Budien ia kita ki test result bad leh kumba la btah.

KI NONGPYNIAID JONG KI ASHA.

1. Pynthikna ba baroh ki ASHA bad ki AWW kidei ban don ia ki list jong ki jaka test kiba hajan eh ryngkat bad phone no.
2. lakren sngewthuh bad ki ANM halor ki list jong ki briew kiba dei ban leh ia ka test.
3. Dei ban pynsuk ia ki briew haba ki leit leh ia ka test kumba lah pyntip da ki ASHA.

KI ASHA BAD KI AWW:

1. Pynthikna ba phi don ia ki list jong ki jaka test kiba hajan eh jong phi bad ki phone no jong ki Medical Officer/ ANM/ AF.
2. Ryngkat ka jingtreilang bad ki AWW wad ia baroh ki briew kiba dei ki High risk kiba don ha ki jaka jong phi.
3. Pyntip sha ki briew ia ki jaka, ki sngi bad ka por ban leh ia test.
4. Ki ASHA & AWW kin pynsngewthuh sha kiba dei ban leh ia ka test katkum ka sngi, ka por bad ka jaka ban leh ia ka test.
5. Man ka sngi dei ban pyntip sha ki ANM/ AF/ MO na ka bynta ki briew kiba hap ban leh ia ka test .

3e(ii) KA JINGLAP BIANG POR IA KA JINGPANG BAD KA TEST

KA JINGBTHAH NA KA BYNTA KIBA IA BIT IA KANE KA JINGPANG

KIBA LAH DEP TEST

LADA
POSITIVE

1. Kiba shitom malu mala.
2. Asymptomatic (ki bym don ia ki dak ki shin jong kane ka jingpang)

La ai jingmut ba kin shong pynkyrpang ha la iing la sem bad ka kin bud ryntih ia ki jingbthah baroh.

1. Kiba shitom bad kiba donkam oxygen.
2. Kiba kham shitom jur bad donkam ia ki jingsumar ba kham bha bad ki ventilator.

Mar mar dei ban phone ne pyntip sha ki Medical Officer.

Lada ka long Negative.
La ai jingmut ba kin long phikir.

PYNTIP lada ki pyni dak pyni shin jong kane ka jingpang dei ban shong pynkyrpang ialade bad **MAR MAR** kidei ban pyntip sha ki ASHA/ MO lane phone ha no 14410.

BAD DEI BAN PHAH TEST BIANG.

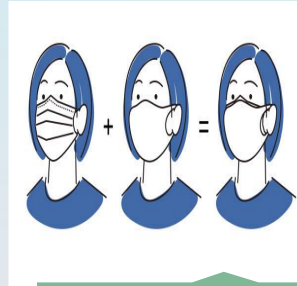
4a. KA JINGBTAH IA KI BRIEW KIBA SUMAR IALADE HAPOH IING.



Patient must isolate himself from other household members, stay in the identified room and away from other people in home,



The patient should be kept in a well-ventilated room with cross ventilation and windows should be kept open to allow fresh air to come in.



Patient should at all times use triple layer medical mask/ or wear a double mask.



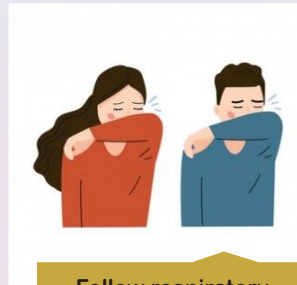
Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. Mask should be discarded only after disinfecting it



Patient must take rest and drink lot of fluids to maintain adequate hydration



Don't share personal items with other people.



Follow respiratory etiquettes all the time.



Frequent hand washing with soap and water for at least 40 seconds or clean with alcohol-based sanitizer

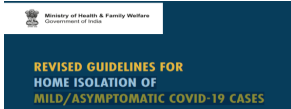


4b. Treatment INSTRUCTIONS FOR INDIVIDUALS UNDER HOME ISOLATION

1. Ki nongpang kidei ban don ka jingiasyllok man ka por bad ki doctor kiba sumar ia ki bad kidei ban pyntip lada ka jingpang ka jur.
2. Dih ia ki dawai na ka bynta kiwei pat ki jait jingpang hadien ba lah iasyllok bad ki doctor kiba sumar ia phi.

LADA PHI DON IA KI DAK KI SHIN TANGBA YM PAT LEH TEST.	LADA TEST POSITIVE KHLEM KI DAK KI SHIN.	LADA TEST POSITIVE BAD SHITOM MALU MALA .
<p>Badei Ban Leh. Leit phah Test bad Phikir lalade.</p> <ul style="list-style-type: none"> • Shong ha iing, deng mask bad pynjingai ialade na kiwei pat ki dkhot jong ka iing. • Dih shibun ka um syiad bad kiwei pat ki jingdih kum ka umshit syrwa bad ki umsoh. • Pynthnam ia ka um nangta sa ring bad pynhiar mynsiem da ka jynhaw um. • Thiah pyllup lada ka jingdon jong ka SpO2 ka duna ia ka 90%. • Bam ia ki jingbam tei met. <p>KI DAWAI DASHIN BAN DIH.</p> <ul style="list-style-type: none"> • Dih da u Paracetamol lada phi don jingshit ha ka met. • Dih da u Ivermectin . • Ka rukom dih: Dih ia u dawai hadien ba lah dep bam bad dih haduh 5 sngi. • Kiba lah Rambah: Uwei u tablet ba 12mg dei ban dih shisien ha ka shi sngi. • Khynnah (6- 12 snem): Dih uwei u tablet ba 6 mg shisien shi sngi. <p>3 VITAMIN C.</p> <ul style="list-style-type: none"> • Ka rukom dih: Dih ia u dawai kuli hadien ba lah dep bam haduh 10 sngi. • Kiba lah Rambah: Dih ia u dawai tablet ba 500 mg ar sien ha ka shi sngi. • Khynnah (6 – 12 snem): Dih uwei u dawai kuli ba 500 mg shi sien shi sngi. <p>4 LAH BAN DIH IA U ANTIBIOTIC DA KA JINGIASYLLOK BAD KI DOCTOR.</p> <p>PEITBνιαH Thew ia ka jingshit da u thermometer bad ia ka jingdon ka Oxygen da u pulse oximeter saw sien shi sngi. <i>Pyntip sha ki Doctor lane phone ha u no 14410 lada ka oxygen hapoh ka met ka duna ia ka 94% lane haba phi shem jynjar ban ring mynsiem.</i></p>	<p>Badei Ban Leh:</p> <ul style="list-style-type: none"> • Shim Khia Bad Phikir lalade. • Shong ha iing deng ia ka mask bad pynjingai ialade na kiwei pat ki dkhot jong ka longiing. • Dih shibun ka um syiad bad kiwei pat ki jingdih kum ka umshit syrwa bad ki umsoh. • Pynthnam ia ka um nangta sa ring bad pynhiar mynsiem da ka jynhaw um. • Pyrshang ban leh exercise da kaba ring bad pynhiar mynsiem. • Bam ia ki jingbam tei met. <p>VITAMIN C.</p> <ul style="list-style-type: none"> • Ka rukom dih: Dih ia u dawai kuli hadien ba lah dep bam haduh 10 sngi. • Kiba lah Rambah: Dih ia u dawai tablet ba 500 mg ar sien ha ka shi sngi. • Khynnah (6 – 12 snem): Dih uwei u dawai kuli ba 500 mg shi sien shi sngi. <p>PEIT BνιαH . Peit bniah ioh don ka jingshit met lada sngew tlot ha ka met. <i>Lada don ki dak ki shin jong kane ka jingpang pyntip sha ki Doctor lane phone sha u no 14410.</i></p>	<p>Badei Ban Leh:</p> <ul style="list-style-type: none"> • Shim Khia Bad Phikir lalade. • Shong ha iing deng ia ka mask bad pynjingai ialade na kiwei pat ki dkhot jong ka longiing. • Dih shibun ka um syiad bad kiwei pat ki jingdih kum ka umshit syrwa bad ki umsoh. • Pynthnam ia ka um nangta sa ring bad pynhiar mynsiem da ka jynhaw um. • Pyrshang ban leh exercise da kaba ring bad pynhiar mynsiem. • Bam ia ki jingbam tei met. <p>VITAMIN C.</p> <ul style="list-style-type: none"> • Ka rukom dih: Dih ia u dawai kuli hadien ba lah dep bam haduh 10 sngi. • Kiba lah Rambah: Dih ia u dawai tablet ba 500 mg ar sien ha ka shi sngi. • Khynnah (6 – 12 snem): Dih uwei u dawai kuli ba 500 mg shi sien shi sngi. <p>PEIT BνιαH . Peit bniah ioh don ka jingshit met lada sngew tlot ha ka met. <i>Lada don ki dak ki shin jong kane ka jingpang pyntip sha ki Doctor lane phone sha u no 14410.</i></p>

4b.(i). KIBA DEI BAN PEITBνιαH IA KIBA SUMAR IALADE HAPOH ÌING



KIBA DEI BAN PEITB尼亞H

Ka Sngi ba paw ki dak ki shin bad ka por(man la ka 4 kynta)	KA JINTHEW IA KA JINGSHIT	KA JINGTIED U KLONGSNAM (NA U PULSE OXIMETER)	SpO2% (NA U PULSE OXIMETER)	KA JINGLONG KA MET KA PHAD (KHAM BIANG/ KAJUH/ SHITOM JUR)	KA BOR BANRINGMYNSIEM (KHAM BIANG/ KAJUH/ SHITOM JUR)

4b(ii) BAN PEITBNIAH IA KA JINGDON JONG KA OXYGEN DA KABA PYNDONKAM DA U PULSE OXIMETER.

KAEI KA OXYGEN LEVEL BAD BALEI DONKAM IA KA?

KA OXYGEN LEVEL KADEI KA JINGTHEW BA HADUH KATNO KITA KI RED BLOOD CELL KI LAH BAN AI.



La ai jingmut ban peit thuh hi ia ka jingdon ka Oxygen ha ka snam da kaba pyndonkam da u pulse oximeter.

KUMNO BAN THEW IA KA OXYGEN LEVEL?



1. Pynkhuid ia ki kti jong phi bad phrung da u oximeter ha u kti pdeng jong phi.



2. Plie ia u pulse oximeter bad ap haduh 30 second ban ioh ia ka result.



3. Buh jingthoh ia ka SpO2 kaba paw ha u oximeter.



Ka jingdon jong ka Oxygen.

Ka jingtied u klong snam

Bad U power button.

KUMNO BAN PYNDONKAM IA U PULSE OXIMETER HA KA RUKOM KABA DEI

- Teng teng une u tiar jingthew u lah ban bakla lada une u tiar jingthew u pyni ba ka duna ka Oxygen pyrshang ban thew da une u juh u jingthew ha ki briew kiba koit ba khiahbad lada ka duna wat ha kiba koit ba khiah ka pynpaw ba don jingthut ha une u tiar.
- Pynthikna ba ki sympriah kti ba pyndonkam ban thew ia ka jindon Oxygen kim dei ban don jingthoh ei ei ruh ha ki.
- Wat thew haba ka met ka dang khih dand ksaid thew ha ka por ba jahthait ka met ka phad.

4b(iii) BAN THEW IA KA JINGSHIT HA KA MET DA KABA PYNDONKAM DA KI THERMAL SCANNER.



Ai jingmut ia ki briew ba kin sngap thuh ia la ka jong ka met ka phad bad man ka sngi ki dei ban thew la ka don ne em ka jingshit ha ka met jong ki bad kidei ban pyntip lada kidon kano kano ka jingsngewthut ha ka met ka phad jong ki.

JINGSHIT: Lada ka jingshit ha ka met ka don 100.4 F (38°C) lane palat ia kata la kheiñ ba ka don jingshit.



KUMNO BAN PYNDONKAM IA U THERMAL SCANNER

1

Pynmeh lane plie ia ka Thermal Gun bad pynthikna ba ka ai ia ka jingthew kaba dei.

2

Buh ia ka Thermal Gun kumba 6 inchi ka jingjingai na ka shyllang mat bad ñion ia u budam ban thew ia ka jingkluid jong ka met.

3

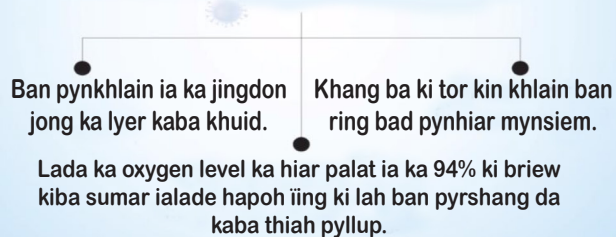
Pule ia ki number ha ka screen bad pyndap ha ka monitoring sheet. Ha kane kajuha ka rukom sa thew ia baroh ki dkhot jong ka longiing.

4

Pynkhuid ia kane ka Thermal Gun da ki sanitizer shuwa ban ai pyndonkam sha kiwei pat.

4b(iv) KA JINGTHIAH PYLLUP

1 Pynmlien ban thiah pyllup lada ioh ia ka jingpang COVID19 ban pynioh shibun ka Oxygen ha ka met.



2 **KAEI KA JINGTGIAH PYLLUP?**
Ban dem kohmuh lane dem pyllup kadei ka rukom thiah kaba la pdiang da ki stad ka koit ka khiah khnang ban pynioh shibun ka Oxygen ha ka met.



Kaei kaba donkam haba thiah pyllup?

Phin hap ban donkam 4 haduh 5 tylli ki siengkhlieh.

Kawei ka siengkhlieh harum jong u ryndang.	Kawei lane ar tylli ki siengkhlieh ban buh harum jong ka shadem lyngba ki lbong kiba haneng.	Artylli ki siengkhlieh ban buh harum jong ki kjat.
--	--	--

Pynthikna

- Ba kan don ka jaka kaba lait harum ka kpoth ka jong phi.
- Bad lah ban buh ia ka kti ka jong phi ha kata ka jaka ba lait.

3 **Kumno ban thiah pyllup ialade?**



30 minute haduh 2 kynta; ban thiah pyllup da ka kpoth jong phi.

30 minute haduh 2 kynta; ban thiah pyllup shaphang kamon.



30 minute haduh 2 kynta; ban shong beit.

30 minute haduh 2 kynta; ban thiah pyllup shaphang kadiang.



4 **Ha kano ka por ngim dei ban thiah pyllup?**



Haba don ka jingkyndeh shadem kaba jur bha.



Ha ka por ba armet.



Lada don jingthut ha u budlum, lane don ki jingshitom ha ki shiyeng syngkai.



Shi kynta hadien ba lah dep bam ym dei ban thiah pyllup.



Lada don ki jingpang lang snam ha u thied snam uba heh(Bad la sumar hapoh jong ka 48 kynta)

4c (ii) KA JINGBTHAH IA KI NONGSUMAR HA IING BAD KI DKHOT JONG KA LONGIING



World Health Organization

KA JINGSUMAR IA KIBA PANG COVID19 HA IING HA SEM

Na ka bynta ki nongsumar ha iing ha sem.

For caregivers



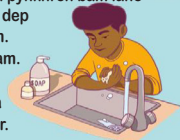
Pynthikna ba ki nongpang kidei ban pynjahthait ialade, dii shibun ka um bad bam ia ki jingbam tei met.



Deng ia ki mask haba don ha kamra jong ki nongpang. Wat ktah ia ki mask lane ia ka durkhmat bad bret noh ia ki mask ha ki jaka kiba dei ban bret hadien ba lah dep pyndonkam.

Man ka por sait tista ia ia ki kti da ka sabon bad ka um ne pyndonkam da ki hand sanitizer, khamtam eh ;

- Hadien ba ki iajan bad ki nongpang lane haba phi don ha ki kamra ba ki thiah.
- Ha shuwa ban pynkhreh bam lane hadien ba lah dep pynkhreh bam.
- Shuwa ban bam.
- Hadien ba pyndonkam ia ka jaka leit bar.



Pyndonkam la ki jong ki tiar ki tar na ka bynta ki nongpang kum ki pliang, ki pela, ki towel ki jaiñ siangthiah bad sait bha ia baroh ki tiar da ka sabon bad ka um.



Barabor pynkhuid bad synreit dawai ia ki jaka ba ju ktah ki nongpang.



Lada ki nongpang ki shitom jur lane ki jynjar ban ring bad pynhiar mynsiem dei ban pyn tip wut wut sha ki Doctor.



World Health Organization

KA JINGSUMAR IA KIBA PANG COVID19.

Sumar bha ialade bad kiba ha iing hasem jong phi.

Baroh ki dkhot jong ka longiing

Kidei ban sait tista ia ia ki kti khamtam;

- Hadien ba jyrhoh ne synriah.
- Ha shuwa lane hadien ba lah dep pynkhreh bam.
- Shuwa Ban Bam
- Hadien ba lah dep pyndonkam ia ka jaka leit bar.
- Hashuwa lane hadien ba lah dep sumar ia ki nongpang.
- Haba ki kti ki jakhlia.



Kiar ban leit hajan bad ki nongpang bad kiar ban pyndonkam lang da kijuh ki tiar ki tar.

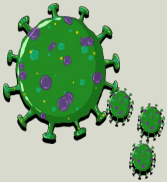


Haba jyrhoh ne synriah dei ban da ka tymbuit kti lane pyndonkam da ki tissue bad bret noh mar mar hadien ba lah dep pyndonkam.



Peit bniah ia baroh ki dkhot jong ka longiing la ki don ne em ka jingshit met bad kiwei pat ki dak ki shin jong kane ka jingpang.

4d .HA KANO KA POR NGI DONKAM BAN LEIT SHA KI JAKA SUMAR?



Ki Nongpang/ Ki Nongsumar kin hap ban peit thuh ia ka jingshitom jong ki nongpang kiba sumar ha iing bad lada ki shitom jur hap ban leit ha ki jaka ai jingsumar.

Dei ban leit mar mar sha ki jaka ai jingsumar lada ki don ia kine ki jingshitom harum;

Bym lah ring mynsiem

Ka jinhiar ha ka Oxygen level (SpO2 – 94 % hapoh kamra)

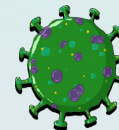
Lada pang jur ka shadem.

Lada ki don jingktah ha ka bor pyrkhath.

Lada shitom jur pyntip sha ki ASHA/ ANM/ MO lane phone ha u no 14410.

4 e. LANO BAD HA KANO KA POR NGIN PYNKUT BAN SHONG PYNKYRPANG IALADE HA IING?

Kinongpang kiba dei ki asymptomatic kiba shong kyrpang ha la iing ki lah ban mih shabar na la ki kamra hadien ba ki la pyndep 10 sngi ban shong pynkyrpang ialadebad ba kim don jingshit shuh hadien 3 sngi. Ym donkam shuh ban test hadien jong kane.



4f. KI JINGDONKAM BA MAN KA SNGI- KIBA DEI BANPYNIOH SHA KI ASHA.



**SUGGESTED LIST OF SUPPLIES TO BE PROVIDED TO ASHAS
(REFILLING TO BE DONE FROM THE NEAREST HEALTH
FACILITY)**

1. EQUIPMENTS

1. Pulse Oximeter
2. Thermometer
3. Spare batteries

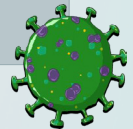
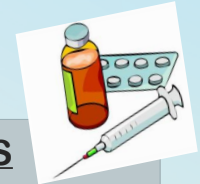
3. BASIC PPES FOR CONDUCTING (COVID & NON COVID ACTIVITIES)

1. Cloth Mask 2 nos
2. Surgical mask – 1 set of 25
3. Face Shields
4. Hand wash/Sanitizers
5. Gloves 2 pairs (optional)



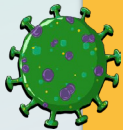
2. MEDICINES

1. ORS
2. Paracetamol Syrup
3. Paracetamol Tablet
4. Vitamin C
5. Saline Nazal Drop
6. Cough Syrup for dry Cough
7. Zinc syrup
8. Zinc Tablets
9. Multi Vitamin tablet
10. Multi Vitamin Syrup
11. Antacid gel



5a. SHAPHANG KA JINGAI TIKA COVID – 19

1. KA JINGDONKAM BAN AI IA KA TIKA COVID19:



Ka jingai tika ka pynkhlain ia ka bor met jong phi ban iakhun pyshah ia une u khniang jingpang. Hadien ba lah ai tika ngi lahban ioh pang COVID19 tangba kam long shuh kaba jur.



2. MANO BA LAH BAN AI TIKA?

Naduh ka 1 tarik U Lber 2021 ka Sorkar India ka la sdang ban ai tika ia kiba la 60snem shaneng bad kiba hapteng 45 – 59 snem karta kiba don ia kiwei pat ki jait jingpang. Mynta kiba 18 snem haduh 45 snem karta ruh ki lah ban pynrung kyrteng ialade.



3. MANO KI BYM IOHLAD BAN AI TIKA ?

Kiba hapoh 18 snem karta.

Kiba don ia ki jingtah ia ka met hadien ba ki lah ai ia ka dose kaba nyngkong jong kane ka tika COVID19.

Kiba armet kiba dang aibuiñ bad ki longkmie ki bym pat tikna shaphang ka jing armet jong ki.

Kiba pang bad kiba thiah hospital na ka bynta kiwei pat ki jingshitom lane kiba don ia ki dak ki shin jong ka jingpang COVID19 (ki lah ban ai ia ka tika hadien 4 – 8 taiew ba ki lah ioh ia ka jingkoit)



4. KI JAIT TIKA KIBA IOH HA RI INDIA.

COVISHIELD: Ka jingiajngai na ka dose kaba nyngkong bad kaba ar kadei ban long 12 – 16 taiew.

COVAXIN:Ka jingiajngai na ka dose kaba nyngkong bad kaba ar kadei ban long 4 – 6 taiew.



5 a(ii). SHAPHANG KA KA TIKA COVID19?

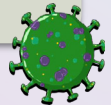


- Leit sha ka COWIN portal lyngba ka website www.cowin.gov.in/home
- Pyndap ia ka phone no jong phi bad phin ioh ia u OTP no ban pynshisha ia ka mobile no jong phi.
- Hadien ba lah dep pynrung ia u OTP no, kan don ka sla kaban pyni ha kaba phi hap ban pyndap pura ia ka kyrteng, karta, shynrang ne kynthei bad ka jaka sah.
- Ban pynshisha, donkam ka dur ID, lah ban dei ka Adhar card, ka driving license, passport, ka epic card, PAN card, Bank/ Post office Passbooks, Health Insurance, Smart Card kaba ioh na ka Ministry jong ka Labour, MGNREGA Job Card, Smart Card kaba la pynmih da ka RGI kaba hap hapoh ka NPR, ki kot pension bad kiwei kiwei.
- Hadien ba lah dep registrar ia ka jaka shong jaka sah jong phi bad phin pynrung ia u pincode, kin sa paw ki jaka sumar kiba don ha ki jaka jong phi kiba phi lah ban jied katkum ka jingsngew bit jong phi. La shah ruh ba phi ai tika ha ki jaka sumar ki riewshimet ne ki jaka sumar sorkar.



PYNTIP

Kiba lah biang karta kin wad jingtip na ki ASHA/ ANM/ AWW ban ioh ia ki jingtip kiba bniah halor ka tarik ka sngi bad ka jaka ban ai tika.



5b. NGAN LONG KUMNO HADIEN BA LAH DEP AI TIKA?



HATO KAN DON KA JINGKTAH IA KA MET JONG NGA?

Ka Tika COVID19 ka long kaba bha, wat la kata ruh ka lah ban don ka jingsngewpher malu mala ha ka met hadien ba lah dep ai ia ka tika kum ka jingktha met, shit met lane ktha khlieh.

Haba ka met jong phi ka long kumne dih da u Paracetamol.

Kam don kano kano ka jingktah ia ka met bad hadien shi sngi ar sngi kan sa jah hi.



NGAN LEH KUMNO HADIEN BA NGA LAH DEP AI AR DOSE KA TIKA?

Ka Tika ka iarap ban iada ia phi na ka jingpang wat la kata phi lah ban dang pynsaphriang ia kane ka jingpang sha kiwei. Kumta phi dei beit ban deng ia ki mask, sait tista ia la ki kti bad pynjngai ialade na kiwei pat.

Baroh ngi hap beit ban ai ia ka Tika namar ka iada ia ngi na une u khiang jingpang COVID19. Kumta ngi dei ban pynshlur ia baroh ki dkhot jong ka longiing ba kin ai ia ka tika kham kloik katba lah.



5c (i) KI KHANA HAMSAIA SHAPHANG U TIKA COVID19.

1. Bun kiba ong ba une u tika um trei kam satia ia kane ka jingpang bad kan don ka jingktah ia ka met hadien habud.

Jingshisha: kam long satia kumta hynrei ka iarap ban iada ia ngi na kane ka jingpang. Kumba long kiwei pat ki tika kiba la pynmih hashuwa, kin don beit ki jingsngewpher ha ka met kum ka jingshit met, ktah met, ktha khlieh hynrei kin jah hi suki suki. Ban kham bunsien kin jem hi hapoh ka 3 sngi na ka sngi ba phi ai tika.

2. Don kiba ong wat ai tika haba phi poi bnai namar kan ktah ia ka bor met jong phi.

Jingshisha: Ka bor met kam tlot satia ha ka por ba poi bnai. Bad kam lei lei lada phi ai tika wat haba phi poi bnai ruh

3. Kiba lah ioh jingpang COVID19 bad kiba lah ioh jingkoit kim donkam shuh ban ai tika.

Jingshisha: Bun kiba lah ioh jingkoit na ka jingpang COVID19 ki lah ban ioh pang biang na kane kajuh ka jingpang, kumta ka long kaba donkam ia ki ruh ba kin ai ia kane ka tika khnang ban iada na kane ka jingpang.

4. Namar ba nga lah dep ai tika ngam donkam shuh ban deng mask.

Jingshisha: wat lada phi lah dep ai tika COVID19 hynrei phi lah ban ioh kem ia kane ka jingpang, bad phi lah ban pynsaphriang sha kiwei pat kumta phi hap beit ban deng mask wat lada phi lah dep ban ai ia ka tika ruh.

5c (ii) KI KHANA HAMSAIA SHAPHANG U TIKA COVID19.

5. Lada ai tika ngan ym lah shuh ban pun khun bad kam long kaba bha na ka bynta kiba don jingpang shini?

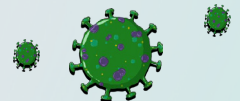
Jingshisha: Kam don satia kano kano ka nongrim ban pynshisha ba ki kynthei kiba dang thylli lada ki ai ia kane ka tika kin ym ioh khun shuh lane kan pynkiew ia ka shini ha ka met. Hynrei la lap ba bun kiba armet wat hadien ba ki lah dep ai ia kane ka tika.

6. Ka por ban pynmih ia une u tika ka kloï palat kumta kam long kaba bha .

Jingshisha: Hooïd kumba long kiwei ki tika ka shimpor bha, hynrei na ka bynta une u tika ki Scientists ki trei shitom miet la bad sngi khnang ban iada ia ki brierw na kane ka jingpang bad ka jingiap, haba ong kumta kam mut ba ki leh kyrkieh hynrei kin hap ban iaïd ia shibun bah ki kyndon shuwa ban ai sha ki paidbah khnang ban lait na kino kino ki jingma.

7. Nga lah dep ai ia ka dose kaba nyngkong jong kane ka tika, ngam donkam shuh ban ai ia ka dose kaba ar.

Jingshisha: Lada ai tang ka dose kaba nyngkong ka met kam pat lah ban pynmih lut ia kita ki antibody ha ka met, hap beit ban ai baroh ar khnang ba ka met kan pynmih pura ia kita ki antibody ha ka met kiba lah ban iakhun ia kane ka jingpang .



5d (i) KI KHUBOR HAMSAIA KIBA IOH NA KI LAD PATHAI KHUBOR.

KIBA IALAM BAKLA

KHLEM NONGRIM: Lada bam rynsun kan iarap na ka jingpang COVID19

Jingshisha : Ym pat lah ban pynshisha halor kane.



KA JINGMA

KHLEM NONGRIM: Lada deng mask kan pynbun ia ka carbon dioxide bad ngan ioh pang.

Jingshisha: Lada khlem deng mask u khniang jingpang COVID19 u lah ban iohrung ha ka met jong phi, phin shitom bad phi lah ruh ban iap.



PYNDONKAM DA KI BUIT BAN PYNTIENG IA KI BRIEW.

KHLEM NONGRIM: U Tika COVID19 un pynduh khun lada ai ia u.

Jingshisha: Une u tika um ktah ia ka jingpun khun ki Kynthei . Bun ki kynthei hapoh ka Jylla Meghalaya ki pun khun wat hadien ba ki lah dep ai tika COVID19.



LONG KIBA SHEMPHANG, WAT SHAH IALAM BAKLA HA KI KHUBOR HAMSAIA.

Wat pynpur ia ki khana bym shisha kiba ong nga sngew ba ong uta ne kata ka Doctor ne Scientists khlem da wad bniah ia ka jingshisha.

Wat ngeit tang ha kawei ka kot khubor pynshisha da kaba wad jingtip na kiwei ki kot khubor ruh.



5d (ii) KI LAD AI JINGTIP KIBA THIKNA

Good Sources



NHM MEGHALAYA

- www.nhmmeghalaya.nic.in
- Na ka Facebook, Instagram page, YouTube channel jong ka NHM.
- Behavioural Change Management App (BCM).
- Arogya Setu App
- COWIN .gov.in



WORLD HEALTH ORGANIZATIONS

- www.who.in
- WHO FACEBOOK PAGE.
- WHO INSTAGRAM.



Meghalaya COVID19 Response Team.

- Facebook.
- Instagram.

Bad Sources



WhatsApp

- Kiba ioh na ki paralok ne ki bahaiing.
- Ki jingpyntip na ki number bym ithuh.
- Bad ki khubor bym shisha kiba sam hapoh ka group.



Bad na ki Facebook bad Instagram page ki bym thikna.

6a. KUMNO KI FLW KIN HAP BAN PHIKIR HA KA POR BA KI LEIT RUNG SHA KI SHNONG KI THAW.



KYNMAW

- Ban rah ia ki sabon, sanitizer ban sait ia ki kti.
- Rah ia ki jingdonkam baroh.
- Rah ia ki khulom, rubber, bad ki kot ban thoh.
- Deng ia ki mask bad rah tam kawei ne ar tylli ioh donkam.



1

Pynjingai ialade na kiwei kumba 2 mitar bad wat tur shajan haba dang ia kren badno badno.

2

Deng ia ka mask kaba lai syrtap ban da ia ka durkhmat jong phi. Pynthikna ba ka lah da pura.

3

Ha man la ki por, kiar ban ktah ia ka khmat, khmut bad ki khmat ki jong phi.

4

Sait ia ki kti jong phi da ka sabon bad ka um kumba 40 second lane kyllan da ki sanitizer.

5

Kiar ban ktah ia ki bell jingkhong, ki jaka plie jingkhong bad kiwei kiwei.

6b. KI RUKOM PHIKIR YNDA HABA PHI LAH POI ÌING.



Law bha ia ki mask bad ki glove jong phi, law ia u ksai mask na shadien bad wat wah sah ha u ryndang jong phi ia ka mask.



Bret ia ki mask bad ki glove ha ki jaka ba dei ban bret.



Lada phi rah lang ia ka pla/ kot registrar synreit noh da ki dawai khang ban pyniap ia ki khniang kiba lah ban ha ki.



Shuwa ban ktah ia ki tiar ki tar ne kino kino, da sait shuwa ia la ki kti da ka sabun bad ka um kumba 40 second lane kyllan da ka sanitizer.



Lada phi lap ia kino kino ki dak ki shin kum ka jyrhoh, suh khriat, shit met pyntip wut wut sha ki Doctor/ ANM/ CHO.

7a(i) KI JINGBAM KIBA TEI MET



1. Bam shibun ki jingbam kiba tei, kum ki soh ki jhur.

Ki nongpang kidei ban bam lang ia ka ja, atta, ki jhur jyrngam ryngkat bad ka doh, pylleng syiar, bad ka dud.



2. Pynduna ia ka mluh bad ka shini.

- Wat pynbun ia ka mluh haba bam jingbam pynduna sha ka 5 gram (kaba ia ryngkat shi sha moit ei ei) ha ka shi sngi.
- Pynduna ban bam ia ki jingbam thiang, bad kiar ban dih bun ka shini ha ka sha ne ki umsoh kiba thiang bha.
- Bam kham bun ki jhur pynduna ban bam ia ki cake, chocolate.



3. Pynduna ban bam khleiñ.

- Haba shet jingshet, ha ka jaka jong ka makhon, ka ghee pyndonkam da kiwei pat ki umphniang kum ka olive oil, soy, sunflower, bad ka corn oil .
- Wat ia ka dud ruh la ai jingmut ban dih ia ka dud kaba kham duna ka khleiñ.
- Kiar ia ki jingbam sdieh.

7a(ii) KI JINGBAM KIBA TEI MET



4. Ban nym pyntyrykhong ia ka met. Dih Shibun Ka Um.

- Khnang ba ka met kan ym tyrkhong dei ban dih shibun ka um kumba 6 haduh 8 klat ha ka shi sngi.
- Dih beit da ka um ban ia ki umsoh kiba thiang



5. Kiar ia ka kyiad bad u дума.

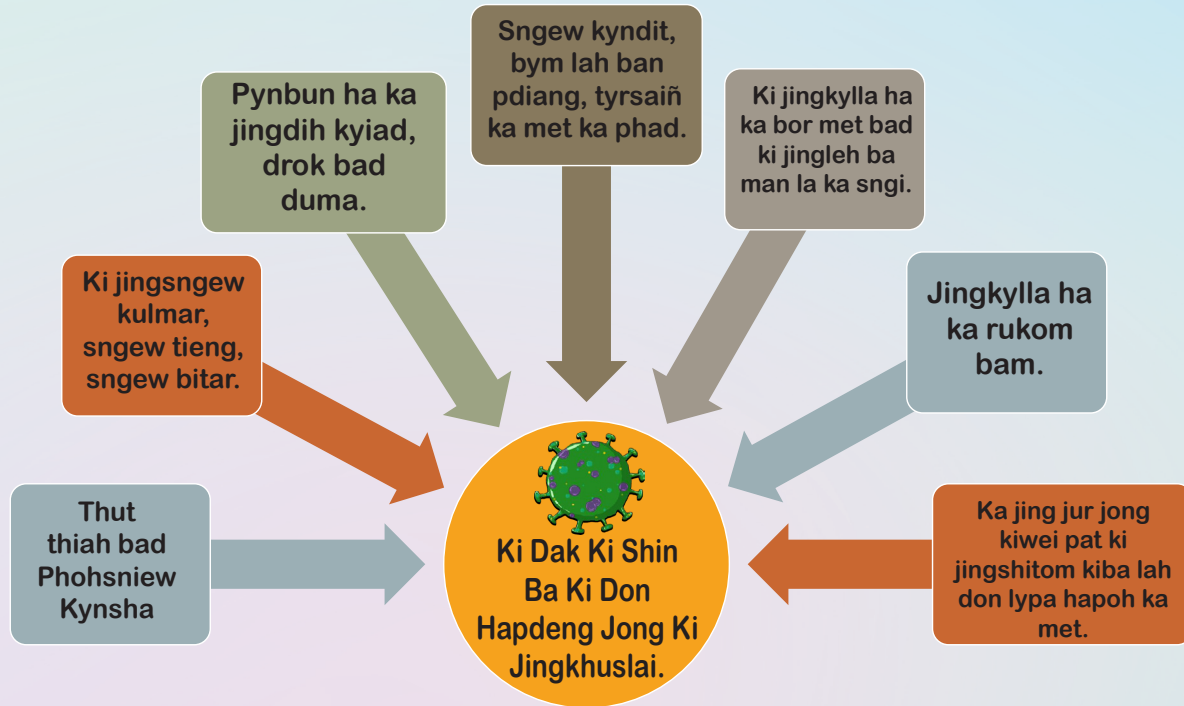
- Kiar ban dih kyiad bad дума ha ka por ba dang shitom. Ka jingdih kyiad bad дума ka thaw jingpang ha ka met kum ka cancer, jingpang klong snam, ka ktah ia ka bor pyrkhath bad ia ki dohjem hapoh jong ka met.



6. Ai Buiñ ia ki khyllung khyannah.

- Ki Longkmie kiba dang ri khun rit bad kiba dang aibuiñ, wat lada ki dang shitom covid hynrei ki lah ban aibuiñ ia la ki khun lada ki kwah tangba kin hap ban phikir bad husiar bha bad ban bud thik pa thik ia baroh ki jingbthah.

7b(i) BAN IARAP IA KI BRIEW BA KIN LAIT NA KI JINGKUSLAI BAD KI JINGKULMAR JINGMUT HA KUM KANE KA POR .



7b (ii) BAN ITHUH NE SNGEWTHUH LADA DON JINGKTAH IA KA BOR PYRKHAT HA KA POR BA SHONG KYRPANG HA LA ÏING.

Nalor jong u khniang jingpang uba ktah ia ka met, ka jingpang COVID19 ka ktah ruh ia ka bor pyrkhata. Ka jingtieng ia ka jingpang, ka jingjingai na la ki baieid ba thoiñ, ki lah ban ialam sha kine ki jinglong harum:

- **Ki Dak Ki Shin ha ka met: Pang Shadem, jingtied sted u klongsnam, kieng baiong, kynroi prie, thut kpoh bad kiwei kiwei.**
- **Ki dak ki shin kiba ktah ia ka bor pyrkhata: shiphang kmen shiphang sngewsih, bitar, sngew marwei.**
- **Ki dak ki shin ha ka jinglong: Thiah sngi ne thiah tang shiphang, khnang ban jahthait pynbun ki jingdih kum ka kyiad, дума bad kiwei pat ki jingdih.**
- **Ki dak ki shin ha ka pyrkhata pyrdaiñ: bym lah ban pynleit jingmut, khuslai jingmut lane ki mih ki jingpyrkhat, ka jingtieng ia ka lawei bad kiwei kiwei de.**



7b (iii) KUMNO BAN SUMAR IA KA BOR PYRKHAT HA KA POR BA SHONG KYRPANG HA LA ÌING.

Nalor kaba peitngor bad sngap thuh ia ka koit ka khiah ha ka met ka phad, ka long kaba donkam ia ki nongpang ba kin sumar ia ka bor pyrkhathat jong ki ruh.

- Pynleit Jingmut ban ioh ka met ba koit ba khiah: Wat pyntyrykhong ia ka met, dih shibun ka um, bam bha bad pynbiang ia ka por thiah por dem.
- Leh Khuid: leh khuid ialade bad ki sawdong sawkun jong phi.
- Long kiba smat ba sting: kilan ia la ka jong ka met ka phad hynrei wat leh jubor. Ban lait na ki jingkluslai pynmlien ban pynjahthait ia ka jabieng ka jong phi.
- Pynduna ia ki jingmlien kiba sniew ki bym myntoi ia ka koit ka khiah: kum ka jingdih kyiad, duma, drok bad kiwei kiwei.
- Wad ia ki jingtip kiba shisha bad kiba myntoi: wad ia ki jingtip kum na ka World Health Organizations bad na ki tnat ka koit ka khiah jong ka Sorkar Pdeng ne Sorkar Jylla ki ba ai ia ki jingtip kiba thikna bad kiba lah ban shaniah.



7b(iv) KUMNO BAN SUMAR IA KA BOR PYRKHAT HA KA POR BA SHONG KYRPANG HA LA IING.

- Wat shu sngap mynthe ne kiar noh na kiwei: ki nongpang kidei ban don ka jingiajan, ban iakren iathuh khana bad ki bahaiing hasem, ki paralok , lyngba ka phone, phah khubor da ka phone, lane lyngba kiwei pat ki lad pathai khubor kum ka Facebook, Instagram bad kiwei kiwei pat.
- Ban Shna ia ki routine ba man ka sngi: U/ Ka ki dei ban thaw ia la ki jong ki jingmlen ba man ka sngi na ka bynta ka met ka phad jong ki. Bad dei ban bud ryntih man ka sngi khnang ban ailad ia ka met ba kan khiah krat kham kloj.
- lakhun ia ka jingklusai bad ka jingbymhun: wat ailad ba ka jabieng jong phi kan sahkut hajuh, pynmyllen ialade da kaba pule kot, sngap jingrwai, dro jingdro, ki video game. Kine kin iarap ban ym pynklusai ia ka jingmut jingpyrkhat jong phi.
- Phone sha kiba lah ban iarap ia phi: ha ka por ba phi shong pynkyrpang ialade, phi lah ban phone ha u helpline no lada phi sngew donkam jingiarap ban pynsting ia ki jingmut jingpyrkhat jong phi.



7c. KA JING KILAN MET

- Ha ka por ba phi shong pynkyrpang ialade ha iing, man ka sngi pynmlien ban kilan met kumba 30 minit da ka Yoga ne ka Pranayama .
- Pynmlien ban pynjahthait ia ka met, pynsuki ia ka rukom ring mynsiem bad pynjahthait ia ka jabieng kumba arphew minit nangta sa leh biang hadien kumba 3 ne 4 kynta ha ka por mynsngi.
- Kato katne ki nuksa: Puson ia kiei kiei kiba bha bad kiba myntoi, puson bad iajan bad u Trai nongbuh nongthaw, yoga- nidra bad kiwei kiwei.
- Wad jintip na ka “ Common Yoga Protocol” jong ka Sorkar India ban tip ia ki rukom kilan met kiba iadei bad ka rukom ring bad pynhiar mynsiem bad ka jingpuson.
- Lada ka met ka shah, pynmlien ban kilan met lane ban iaid kumba 30 minute man ka sngi.

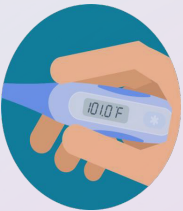


7d. KUMNO NGIN SUMAR IALADE HADIEN BA LAH KOIT NA KA JINGPANG COVID

- Wat hadien ba ngi lah ioh jingkoit ngi dei ban pynmlien ia kine ki akor:
 - Deng mask
 - Sait tista ia la ki kti.
 - Pynjngai ialade na kiwei pat
- Dih shibun ka um syiad
- Dih ia ki dawai AYUSH kiban pynkhlaiñ ia ka bor met jongphi.
- Lada ka met ka lah khlain sa sdang biang ia ki kam ki jam jong phi.
- Pynmlien ban kilan ia ki jjingkilan met kiba malu mala.
 - Man ka sngi leh ia ka Yogasana, Pranayama bad Puson ia kiba bha.
 - Aibor ia ki tor ki jong phi da kaba Ring bad pynhiar mynsiem lane katkum ka jingbthah jong ki Doctor.
 - Pynmlien ban ia id step ne ban ia id ha ka por janmied katba phi sngew lah.



KUMNO NGIN SUMAR IALADE HADIEN BA LAH KOIT NA KA JINGPANG COVID.



- Ngi dei ban bam ia ki jingbam tei met, kiba jem bad kiba suk ban tylliat ka kpoh.
- Ka jingpynbiang ia por thiah por dem kan iarap ia ka met ba kan ioh bor kloï.
- Kiar ban dih kyiad bad dih duma.
- Phi dei ban khmih thuh bad sngap thuh hi ia la ka jong ka met ka phad la ka dei ia ka jingshit met, ka jingtied ki thied snam, ka jingkiew jinghiar jong ka shini(na ka bynta kito kiba pang shini), ka jingdon jong ka Oxygen(lada lah ai jingmut da ki Doctor).
- Lada jia ba ka don ka jing jyrhoh tyrkhong bad ka neh slem/ sat ryndang la ai jingmut ban pynthnam ia ka um nangta sa ring bad pynhiar mynsiem da ka jynhaw um bad ban kynruh da ka um mluh.
- Peit thuh bha ioh don ka jingshit met kaba jur, bym lah ring mynsiem, SpO2 ka duna ia ka 95 % ka jingpang shadem ka bym lah ban batai, lada sngew kulmar jingmut, bad lada sngew tlot.

HA KANO KA POR NGI DONKAM BAN LEIT SHA KI JAKA SUMAR HADIEN BA NGI LAH KOIT NA KA JINGPANG COVID

- Ai jingmut ia ki nongpang ba kin leit sha ki jaka sumar kiba don hajan eh jong ki, lada ki dang don ia ki dak ki shin jong kane ka jingpang.
- Ki lah ruh ban leit sha ki Doctor alopahy,AYUSH, lane kiwei pat ki jaka sumar.
- Kiar ban leit sumar ar ne lai jait ki jingsumar ia kajuh ka jinpang. Ki dawai ki iapher kawei na kawei ka jingsumar sha kawei pat bad kan don ka jingktah jong ki dawai ia ka met ka phad.

KI LAD JINGTIP

Common Yoga Protocol <http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf>

Ki Video Kiba ladei bad ka jingpynkyrpang ha iing: <https://www.youtube.com/watch?v=ZndoALSgT4Q>.



TO NGIN IA KHUN LANG IA KANE KA KHLAM
KHUBLEI SHIBUN

